



# Inspire Project

The Inspire Project is a series of teaching and learning sessions aimed at sharing skills in agricultural planting for the family and farmer. It focuses on fighting famine and poverty by educating families to plant effectively and to achieve a speedy yield to combat food shortages.

Inspire aims to work with families in their communities to teach them planting and how to care for their gardens in order to eat healthy fruit and vegetables all year round. Due to the food shortages and insecurities, the team will put kitchen gardening at the forefront, specifically helping families to grow nutritious plants for instance greens, onions, tomatoes etc.

The course invites a community to share in learning by attending a series of sessions involving theory and practical elements that enable learning to be developed and practiced between sessions. Members of a community are encouraged to learn together to offer one another support and to grow different produce to enable a good variety of healthy eating plants that can be shared and swapped.

The course covers:

- An overview of the sessions to come, to encourage thinking and planning ahead. It includes the practical creation of a nursery bed for seedlings to be shared amongst the community
- Building a tower/key hole garden
- Sack and polythene gardens
- The importance of composting and how to produce a good compost
- What to plant where, companion planting
- When to plant and crop rotation
- How to create an irrigation system
- Pest control and mosquito repellent planting
- Planting natural remedies